

Coconut Sesame Turkey Fingers

with Jasmine Rice and Sweet Chili Sauce

PRONTO

35 Minutes









Turkey Strips

Coconut Milk





Shredded Coconut



Panko Breadcrumbs





Shanghai Bok Choy

Jasmine Rice



Lime



Sweet Chili Sauce





Moo Shu Spice Blend

Mayonnaise



Green Onions



Sesame Seeds

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Baking Sheet, Large Non-Stick Pan, Medium Pot, Parchment Paper, Medium Bowl, Small Bowl, Microplane/Zester, Paper Towels, Shallow Dish, Measuring Cups, Measuring Spoons

Ingradiants

ingredients		
	2 Person	4 Person
Turkey Strips	340 g	680 g
Coconut Milk	165 ml	330 ml
Shredded Coconut	⅓ cup	½ cup
Panko Breadcrumbs	½ cup	1 cup
Shanghai Bok Choy	2	4
Jasmine Rice	¾ cup	1 ½ cup
Lime	1	2
Sweet Chili Sauce	⅓ cup	½ cup
Moo Shu Spice Blend	2 tbsp	⅓ cup
Mayonnaise	2 tbsp	⅓ cup
Green Onions	2	4
Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. PREP

Roughly chop the **bok choy**. Zest, then juice half the lime. Cut the remaining lime into wedges. Slice the **green onions** into 1-inch pieces. Pat the turkey dry with paper towels. Add the mayo, moo shu spice blend and turkey to a medium bowl. Season with salt and **pepper**. Toss to coat. Set aside.



2. COAT TURKEY

Heat a large non-stick pan over medium-high heat. When hot, add coconut, panko and sesame seeds to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. Transfer to a shallow dish. Working with one turkey **strip** at a time, press each firmly into **coconut** mixture to coat completely. Transfer to a parchment-lined baking sheet.



3. BAKE TURKEY

Drizzle 1 tbsp oil (dbl for 4ppl) over the turkey strips. Roast turkey in the middle of the oven, until cooked through, 14-15 min.**



4. COCONUT RICE

While turkey cooks, in a medium pot, combine coconut milk and 1 cup water (dbl for 4 ppl). Bring to a boil over high heat. Once boiling, add rice. Reduce the heat to low. Cover and cook, until rice is tender and liquid is absorbed, 12-14 min.



5. COOK BOK CHOY

Meanwhile, re-heat the same large non-stick pan over medium-high heat. When hot, add 1 tbsp oil (dbl for 4 ppl), then the bok choy and green onion. Cook, stirring occasionally, until bok choy softens, 2-3 min. Season with salt and pepper.



6. FINISH AND SERVE

Add the lime juice and sweet chili sauce to a small bowl. Stir to combine. Fluff the rice with a fork. Stir in the lime zest and season with salt. Divide the rice between plates. Top with the **bok choy** and **turkey**. Drizzle over the **sweet chili lime sauce**. Squeeze over a **lime wedge** if desired.

Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



^{**} Cook to a minimum internal temperature of 74°C/165°F, as size may vary.